COMMUNITY

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Passing of Guillermo "Willie" Hernandez

EL CENTRAL
HISPANIC NEWS

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SPORTS

Page 10 –
Wolverines Heading To Championship Game !!!

SER Metro-Detroit inaugura oficialmente su Centro Juvenil

Los adultos jóvenes que se encuentren "desconectados" de la sociedad, ya sea del trabajo, la escuela, la familia o los amigos, tienen un nuevo recurso que les ayudará a encaminarse hacia la obtención de su potencial y a encontrar un propósito en la vida. Es el Youth Reengagement Center, el cual ya está abierto al público.

El lunes 27 de noviembre, SER Metro-Detroit, Jobs for Progress, Inc. (SER) celebró la finalización de la Fase 1 de un nuevo centro de recursos y capacitaciones de $4 millones de dólares. La salud, el bienestar socioeconómico y el desarrollo de los jóvenes está en el centro de esta empresa histórica.

El nuevo Centro Juvenil está ubicado en 9215 Michigan Ave, en el edificio contiguo a la sede de SER Metro-Detroit en el suroeste de Detroit; cuenta con aulas nuevas, diseñadas y equipadas con la última tecnología, y un nuevo laboratorio de capacitaciones en construcción.

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SER Metro-Detroit Opens New Youth Center with Official Ribbon-Cutting

Young adults who find themselves "disconnected" from society, whether it's a job, school, family or friends, have a new resource to help them get on track to realizing their potential and finding purpose in life. It's called the SER Youth Reengagement Center and it is now open for business.

On Monday, November 27, SER Metro-Detroit, Jobs for Progress, Inc. (SER) celebrated the completion of Phase 1 of a brand new $4 million resource and training center. The health, socio-economic wellbeing and development of young people was at the heart of this historic undertaking.

The new Youth Reengagement Center is located at 9215 Michigan Ave. in the building adjacent to the SER Metro-Detroit headquarters in Southwest Detroit. The center features new, state-of-the-art designed classrooms equipped with the latest technology, and a brand new Construction Training Lab.

"We at SER Metro-Detroit are extremely proud to have completed the first phase of the SER Youth Reengagement Center project. The idea of creating

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State Senator Mary Cavanaugh (third from left) joins SER Metro-Detroit President and CEO Eva Garza Dewaelsche (with ceremonial scissors) and SER participants, staff and supporters at the opening of the new SER Youth Reengagement Center.

Kresge Artist Fellowships Increase To $40,000 Each, 25 Awards In 2024

Metro Detroit artists working in Live Arts and Film & Music are invited to apply for a 2024 Kresge Artist Fellowship. The application guidelines are now available at www.kresgeartsindetroit.org.

The Kresge Foundation and Kresge Arts in Detroit recently announced that the next round of Kresge Artist Fellowships will increase from $25,000 to $40,000 in 2024 and the number of Fellowship awards will increase from 20 to 25.

"This expands and deepens our decade-plus commitment to direct support to the working artists of greater Detroit," said Rip Rapson, president and CEO of The Kresge Foundation. "Artists are there for us as bearers of tradition and inspiring innovators. They are too often unacknowledged catalysts for our economic wellbeing and

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Remembering Juanita Hernandez
February 08, 1927 - November 23, 2023

On February 8, 1927, Antonio and Francisca Martinez welcomed their fourth child, Juanita Martinez, who was the first in the family to be born in Detroit. Growing up during the Great Depression in Detroit's Corktown community, Juanita remembers this tumultuous period with great fondness. The entire family was so proud of the older sons serving in the military - Lino in the Air Force, Eloy in the Marines and Margo in the Army. Juanita recalls how she, her older sister (Rosa) and younger brother (George) grew up seeing her parents helping feed the neighbors, housing the homeless, and somehow always being able to provide for everyone.

Education was of paramount importance and as a result, Juanita excelled academically and graduated from Western High School at the age of 16. College was an almost impossible dream for girls at that time, but she helped at home, worked, and then met a debonair man while doing volunteer work at the church feeding the homeless. She did not know at the time that Sebastian Hernandez had seen her walking to and from work every day and had announced to his friends that that beautiful lady was going to be his wife.

On March 17, 1952, Juanita and Sebastian married and in May 1953, their first child (Donna) was born. The following year their second child (Gary) was born but unfortunately passed away a few months later from Crib Death. The death of Gary was devastating, but hope was renewed when their third child (Michael) was born in November 1955.

In 1958 Juanita became the first Hispanic and the first woman to become employed with the City of Detroit's Department of Buildings and Safety. Eventually she became the first Hispanic and first woman to rise to the position of Housing Inspector, a position she held until her retirement in

1989.

After their children had grown and left home, Juanita and her husband joined forces to try to improve life for others in the community. They worked to create programs and organizations, and supported politicians who shared their vision of equality for minority peoples.

Personal monuments in her life that brought her enormous joy included seeing her daughter

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Passing of Guillermo “Willie” Hernández

November 14, 1954 - November 20, 2023 (aged 69)
from Aguada, Puerto Rico

Guillermo “Willie” Hernández was a relief pitcher and part of the 1984 World Series Detroit Tigers Championship, played with the Detroit Tigers from 1984 - 1989. Below are statements from the Detroit Tigers, Alan Trammell and Bárbaro Garbey

Detroit Tigers Statements:

“The Tigers are deeply saddened to learn of the passing of Guillermo “Willie” Hernández. A 13-year Major League veteran, including his final six seasons wearing the Olde English 'D', Guillermo was a key member of the Tigers' 1984 World Series championship team, earning Most Valuable Player honors and the American League Cy Young Award that season. He was also selected to three American League All-Star teams during his six seasons in Detroit. Our thoughts are with the Hernández family, his friends and teammates.”

Statement from Alan Trammell, Special Assistant to the President of Operations for the Detroit Tigers:

“Willie Hernández was a great teammate and I am very sorry to hear the news of his death. I will never forget our team's celebration on the mound after he recorded the final out of the 1984 World Series. He will always be remembered as a World Series champion. My thoughts and prayers are with his family.”

Statements from Bárbaro Garbey, former player and commentator in Spanish for the Detroit Tigers:

“Guillermo was a brother to me, he was the one with whom I got along the most in my days with the Tigers, so much so that my family was always very close to his after having played together. It is a great loss for the baseball family, he was the partner that everyone always wanted to have. I feel lucky to have been able to count on his advice and support. I send my most sincere condolences to his family, I keep them in my thoughts and I ask God to have him in glory.”

Willie Hernandez (1984 Detroit Tigers World Series Champion), gets ready to throw ceremonial first pitch during a previous season. Photo provided by Detroit Tigers

El fallecimiento de Guillermo “Willie” Hernández

14 de noviembre de 1954 - 20 de noviembre de 2023
(69 años), de Aguada, Puerto Rico

Guillermo “Willie” Hernández fue lanzador de relevo y parte del Campeonato de la Serie Mundial de los Tigres de Detroit de 1984, jugó con los Tigres de Detroit de 1984 – 1989. A continuación declaraciones de los Tigres de Detroit, Alan Trammell y Bárbaro Garbey.

Declaraciones de Tigres de Detroit:

“Los Tigres están profundamente entristecidos al enterarse del fallecimiento de Guillermo “Willie” Hernández. Guillermo, un veterano de 13 años en las Grandes Ligas, incluidas sus últimas seis temporadas vistiendo la Olde English 'D', fue un miembro clave del equipo campeón de la Serie Mundial de los Tigres de 1984, ganando los honores de Jugador Más Valioso y el premio Cy Young de la Liga Americana esa temporada. También fue seleccionado para tres equipos “Todos Estrellas” de la Liga Americana durante sus seis temporadas en Detroit. Nuestros pensamientos están con la familia Hernández, sus amigos y compañeros de equipo”.

Declaraciones de Alan Trammell, Asistente especial al Presidente de Operaciones de los Tigres de Detroit:

“´Willie´ Hernández fue un gran compañero de equipo y lamento muchísimo saber la noticia de su fallecimiento. Nunca olvidaré la celebración de nuestro equipo en el montículo después de que lograra el out final de la Serie Mundial de 1984. Siempre será recordado como un campeón de la Serie Mundial. Mis pensamientos y oraciones están con su familia".

Declaraciones de Bárbaro Garbey, exjugador y Comentarista en español de los Tigres de Detroit:

“Guillermo fue un hermano para mí, fue con quien más me compenetré en mis días con los Tigres, tanto así que mi familia siempre fue muy cercana a la suya después de haber jugado juntos. Es una gran pérdida para la familia beisbolera, él fue el compañero que todo el mundo siempre quiso tener. Me siento afortunado de haber podido contar con sus consejos y su apoyo. Le envío mi más sincero pésame a sus familiares, los tengo presentes en mis pensamientos y le pido a Dios que lo tenga en la gloria”.

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Remembering Juanita Hernandez

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give birth to two daughters - April in 1977 and Carol in 1978. Her son brought into the family Sebastian's pride, aka Anthony in 1981.

To Sebastian's great joy, Juanita acquired her Bachelor's Degree in Humanities from Wayne State University in 1987.

The year prior to her retirement, her beloved husband Sebastian passed away from cancer, which slowed Juanita's work for a short time, but her work never stopped.

As Juanita's work continued, many began to recognize her contributions to the dramatic changes she was helping to bring about, many of the youth were encouraged and inspired by her to also become active and involved. Where barriers once existed, she was one of the many that worked to build bridges and relationships in the political and corporate arenas (primarily for women, Hispanics, and Native Americans).

Juanita received recognition from numerous agencies and organizations, but two of the highlighted items include being named as one of the Michigan's 150 First Lady's, the Spirit of Frida Freedom Award for Grass Roots Community Advocate.

After over 50 years of service and inspiration, and at the age of 94, Juanita finally stepped down from her community work. Struggling with failing health, her son (Michael) walked away from his home and life in Washington State to help her. Her daughter (Donna) helped with legal and administrative work.

On Thanksgiving Day (November 23, 2023), at the age of 96, Juanita peacefully walked into the Spirit World. We believe that she is once again able to dance with her beloved husband and is now able to hear clearly, move easily, and laugh readily once again.

Kresge Artist Fellowships

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civic progress. We need to be there for them as they are here for our community."

"A full arts ecology includes public arts institutions, galleries and presenters, audiences and patrons, and more," added Rapson. "Kresge has long contended that as a city and region we need more attention to supporting artists themselves as essential to that ecology – and we reaffirm that today."

The Fellowships are funded by The Kresge Foundation and administered by Kresge Arts in Detroit, a Kresge-funded office of the College for Creative Studies. The Fellowships, which are for artists of all career stages, will continue to be offered in conjunction with 10 Gilda Awards of $5,000 each for early-career artists who are gaining momentum, and who demonstrate exceptional potential through creative risk-taking and boundary-pushing in their chosen form.

The application opening in December is for Live Arts and Film & Music (details below). The number of awards in the two categories will be proportional to the number of applicants in each. Applicants who choose so will automatically be considered for Gilda Awards if they do not receive a Fellowship.

The award increase and expansion to 35 awards—25 Fellowships, 10 Gilda Awards—and over $1 million in awards come as The Kresge Foundation celebrates 15 years of the Kresge Arts in Detroit program.

"We're excited every summer when Kresge Arts in Detroit makes public a new roster for Kresge Artist Fellows and Gilda Awardees. And we've been excited over the years to watch many of them continue on to any number of awards and honors, from novelist Michael Zadoorian having his work adapted for the big screen to Nandi Comer being named Michigan Poet Laureate to Thornetta Davis being named national Female Blues Artist of the Year," said Wendy Lewis Jackson, managing director of Kresge's Detroit Program. "But to name just three or even 30 of our artists is to understate the vitality of what's going on across metro Detroit. It's a high time of artistic energy and this is a time to expand our contribution as a statement to the community as a whole."

Since 2008, the Kresge Arts in Detroit program has awarded $8 million to 345 metro Detroit artists. Originally set at 18 awards per year, the number was increased to 20 in 2021 to respond to the COVID pandemic and now to 25. The Gilda Award was added in 2015 and increased from five annual awards to 10, also during the pandemic. An independent panel also selects one Kresge Eminent Artist every year – essentially a lifetime achievement award.

While the number of Kresge Artist Fellowships has varied, the selection criteria have remained consistent The selection panels Kresge Arts in Detroit commissions look for track records of artistic achievement and quality, potential for career growth and enhancement, and potential to reflect, enhance, or impact communities within metropolitan Detroit.

"Unrestricted awards to artists are an investment in the open exchange of ideas and perspectives—a critical component of navigating complexity and illuminating new possibilities," said Christina deRoos, director of Kresge Arts in Detroit. "We appreciate The Kresge Foundation's exceptional, sustained commitment to artists, whose contributions are central to the past, present, and future of Detroit."

KEY DATES
Nov. 8, 2023:
Application guidelines available
Dec. 1, 2023:
Online application opens
Jan. 18, 2024 by 11:59 PM:
Application deadline

The program has also evolved to include more robust professional development offerings for artists such as legal and accounting support. Kresge Arts in Detroit also offers to produce a film for each of the fellows. A selection of the films was submitted to local, national, and international film festivals and has received a combined 53 screening invitations in the past year. Kresge Artist Fellow Rachel Reid's film by Toko Shiiki received the Gold Award at the Atlanta Children's Film Festival and was recently invited to the International Kids Film Festival in India. In 2021, films in the series by metro Detroit-based Reel Clever Films were awarded a Michigan Emmy.

The 2024 Kresge Artist Fellows and Gilda Award recipients will be selected by an independent panel of distinguished local and national artists and arts professionals. Previous applicants are strongly encouraged to re-apply, as new panels—with fresh perspectives—are convened each year. Artists working in the following disciplines are invited to apply for the 2024 award:

Visit www.kresgeartsindetroit.org for the complete guidelines, FAQs, and additional resources. Please direct questions about application requirements to Kresge Arts in Detroit at www.admin@kresgeartsindetroit.org or by phone at 313.744.3204.

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PUENTE INTERNACIONAL GORDIE HOWE
REUNIONES PÚBLICAS DE INFORMACIÓN

EL PROYECTO
El proyecto del Puente Internacional Gordie Howe entre Windsor, Ontario y Detroit, Michigan, ayudará a mover bienes y personas de manera más eficiente en este importante portal comercial. Gestionado por Windsor-Detroit Bridge Authority (WDBA), y en colaboración con el Estado de Michigan, el proyecto se está llevando a cabo utilizando un modelo de asociación público-privada, conforme al cual Bridging North America diseñará, construirá, financiará, operará y dará mantenimiento al puente.

PARTICIPACIÓN DEL PÚBLICO
Le invitamos a asistir a reuniones comunitarias el martes, 5 de diciembre de 2023. Acompáñenos para conocer a los representantes del proyecto, obtener los últimos avances sobre el diseño y la construcción, así como los avances en la implementación del Plan de Beneficios para la comunidad del proyecto.

Las reuniones son en formato de puertas abiertas, con presentaciones programadas para las 3:30 p.m. y 5:15 p.m.

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SPECIAL WORLD'S CULTURES

Christmas DIY Decorations

Christmas Ornaments: Do It Yourself

The end of the year, from Thanksgiving to Three Kings Day, is a time that combines time our beloved ones: family and friends; the warmth of home with fireplaces or the joy of winter in bonfires, undoubtedly food, and beautiful decorations that fill everything with color and joy.

And this Christmas at **EL CENTRAL**, we don't want it to be the exception and that's why we want to help you make small decorations with any scraps you have in your house to make them become a beautiful figure.

The most important thing is to explore the materials we have at home: clothes, scraps, corks, paints, pieces of wood, soda lids, paint...

We do not need to be very experienced people, what we should have is the desire to enjoy being creative while making the decorations. There will be times when our ornaments appear to be a little asymmetrical, remember that those are beautiful too. Starting today, at the bottom of our special you can find the outline to make some decorations. It will be drawings of lights, stars, boots, pine trees. In case you we miss something you would like to have, you can make your own molds of what you think is necessary and meaningful to you.

Not everything at Christmas is spheres and trees, there are also other important and fun things to add.

What do we need?

- Cardboard: It does not need to be new, it can be from a package you have received, remember that the cardboard will be used to make the molds.
- Scissors
- Pencil or pen
- Thin bar of colored soap to trace the fabric.
- Fabric: you can use scraps, fabric that you have saved or clothes that you are going to take out this Christmas.
- White glue
- Cold silicone to avoid burns.
- Paints to decorate
- Brilliantine
- Bids
- Lots of creativity!

Instructions

Take the World Cultures Special to find the lines in the background of the text, put them on the cardboard and trace them.

Cut the already drawn cardboard to make the patterns.

Use the patterns on the fabric and trace with the colored soap bar as if it were chalk.

Cut out the fabric.

Now that you have your first cut, take advantage and use your creativity to the fullest.

You can make decorations like candy lollipops, stars, figures within figures.

Remember, it's a matter of letting your creativity flow, gluing things that shine or dropping yarn as if it were snowing.

Spot the 5 differences!!

Find the lines to cut at the bottom of our SPECIAL to make your Christmas decorations!!

Tell them you saw it in Diles que lo viste en EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Adornos navideños

Adornos navideños hechos en casa

El final del año, desde el Día de Gracias hasta el Día de Reyes, es un tiempo que combina el tiempo con los seres queridos: familia y amistades; el calor hogar con las chimeneas o el gozo del invierno en fogatas, música, sin duda comida, y lindas decoraciones que llenan todo de color y alegría.

Y esta navidad en **EL CENTRAL,** no queremos que sea la excepción y por eso queremos ayudarte a que hagas pequeñas decoraciones con cualquier sobrante para hacer lindas figuras, lo más importante es explorar los materiales que tengamos en casa: sobrantes de ropa, retazos, corcholatas, pinturas, trocitos de madera, tapas de soda, pintura…

No necesitamos ser personas muy experimentadas, lo sí nos debe sobrar es ganas de convivir y de disfrutar elaborando las decoraciones. Habrá ocasiones en que nuestros adornos parezcan ser un poco asimétricos, recuerda que esos también son bellos.

A partir del día de hoy, al fondo de nuestro especial podrás encontrar el trazo para hacer unos adornos. Podrás encontrar dibujos de luces, estrellas, botas, pinos. Además, tú puedes realizar tus propios moldes de aquello que creas que haga falta y sea significativo para ti.

Quizá falte poner en el árbol unas muñecas o carritos, quizá, unos suéteres. No todo en navidad son esferas y árboles, también hay otras cosas importantes y divertidas qué agregar.

¿Qué necesitamos?

- Cartón de rehuso; no necesita ser nuevo, puede ser de algún paquete que hayas recibido, recuerda que el cartón servirá para hacer los moldes.
- Tijeras
- Lápiz o plumón
- Barra delgada de jabón de color para trazar la tela.
- Tela, puedes usar retazos, tela que tengas guardada o ropa que vayas a sacar esta navidad.
- Pegamento blanco
- Silicón en frío para evitar quemaduras.
- Pinturas para decorar
- Brillantina
- Lentejuelas
- Estambre

Instrucciones

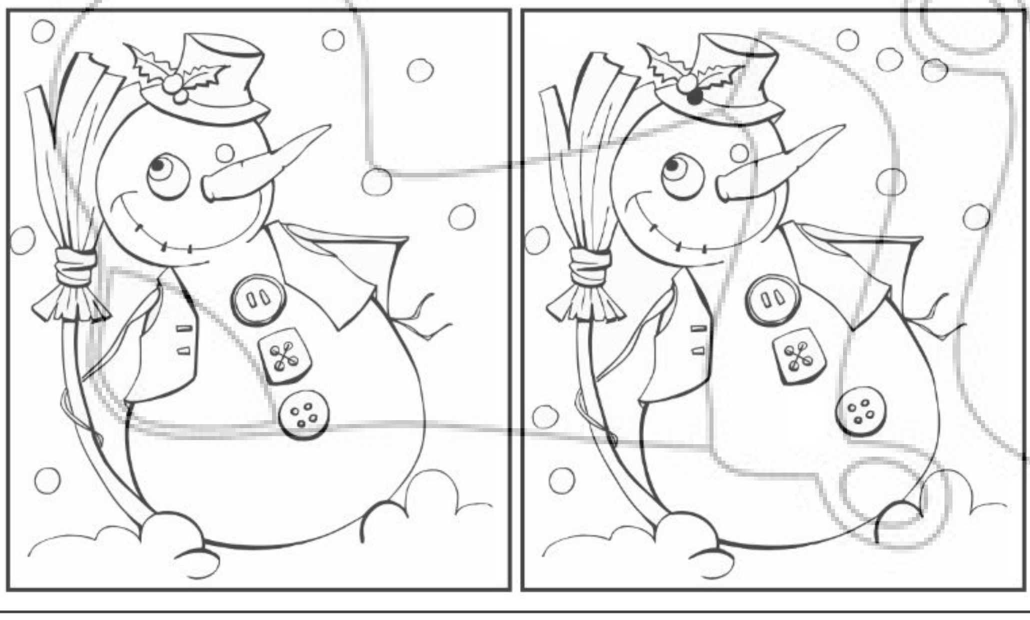
Tomar el Especial Culturas del Mundo para encontrar en el fondo del texto los trazos, ponerlos sobre el cartón y calcarlos. Cortar el cartón ya trazado para hacer los patrones.

Utilizar los patrones sobre la tela y con la barra de jabón de color como si fuera tiza trazar. Recorta la tela.

Ahora que tienes tu primer recorte, aprovecha y usa al máximo tu creatividad. Puedes hacer decoraciones como paletas de caramelo, estrellas, figuras dentro de figuras.

Recuerda, es cuestión de dejar fluir tu creatividad, pegar cosas que brillen o dejar caer estambre como si estuviera nevando.

¡¡Encuentra las 5 diferencias!!



Espera nuestro Especial Semanal
CULTURAS LATINOAMERICANAS,
by Mariana Ayón RV

¡¡Encuentra los trazos a recortar al fondo de nuestro ESPECIAL para hacer tus adornos navideños!!

SER Metro-Detroit Opens New Youth Center

Con't from pg. 1

a space that offers Detroit's disadvantaged youth an opportunity to thrive has been long in the works," said Eva Garza Dewaelsche, SER Metro-Detroit President and CEO.

"It was by no means an easy endeavor to embrace, but with the support from various community stakeholders and dedicated staff, we could not be more proud of our efforts to bring the first phase to completion. However, our work does not stop here. There is still a lot to be done as we move forward with the remaining two phases, which will further improve our campus and services to the community," said Garza Dewaelsche.

The Center's functionality was co-designed by young Detroiters with a strong focus on creating a safe, welcoming and learning-conducive environment, the ease of service accessibility, and community connection. The new facility enhances and expands the existing capacities in response to the growing demand for services that address the challenges preventing youth and young adults from becoming disconnected from school or employment and helping reduce socio-economic factors that may lead to high-risk behaviors and involvement with the criminal justice system.

The ongoing capital campaign is supported by the State of Michigan Legislature, driven by State Senator Mary Cavanaugh with the support of State Representative Tyrone Carter and several other state legislators along with private funding from The Ralph C. Wilson, Jr. Foundation, Huntington Bank, the Community Foundation for Southeastern Michigan, and AT&T.

During the opening celebration, Senator Mary Cavanaugh presented a ceremonial check for $500,000 to support the Youth Center renovations. "The SER Metro Youth Reengagement Center will be life changing, not only for the community, but for our state," she said.

For more information about the services at the SER Youth Reengagement Center go to www.sermetro.org or call 313-945-5200.

About SER Metro-Detroit

SER Metro-Detroit, Jobs for Progress, Inc. (SER) is a community-based organization that believes in the potential of each and every individual. For more than 50 years, SER has assisted thousands of at-risk and disadvantaged residents from across the City of Detroit and the region in becoming self-sufficient through quality employment, education, and training programs. For more information visit http://www.sermetro.org.

SER Metro-Detroit inaugura oficialmente

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"En SER Metro-Detroit estamos muy orgullosos de haber completado la primera fase del proyecto del Youth Reengagement Center. La idea de crear un espacio que ofrezca a los jóvenes desfavorecidos de Detroit una oportunidad de prosperar lleva mucho tiempo preparándose", dijo Eva Garza Dewaelsche, presidenta y directora ejecutiva de SER Metro-Detroit.

"De ninguna manera fue un esfuerzo fácil de adoptar, pero con el apoyo de varios sectores de la comunidad y el personal, no podríamos estar más orgullosos de nuestros esfuerzos por completar la primera fase. Sin embargo, nuestro trabajo no termina aquí. Todavía queda mucho por hacer, a medida que avanzamos con las dos fases restantes, que mejorarán aún más nuestro campus y los servicios a la comunidad", dijo Garza Dewaelsche.

La funcionalidad del Centro, fue diseñada conjuntamente por jóvenes habitantes de Detroit con un fuerte enfoque en crear un ambiente seguro, acogedor y propicio para el aprendizaje, la facilidad de acceso al servicio y la conexión comunitaria. Las nuevas instalaciones, han mejorado y ampliado la capacidad ya existente, en respuesta a la creciente demanda de servicios que abordan los desafíos que impiden que los jóvenes y los adultos jóvenes se desconecten de la escuela o el empleo y ayuden a reducir los factores socioeconómicos que puedan conducir a conductas de alto riesgo con el sistema de justicia penal.

La campaña en curso, cuenta con el apoyo de la Legislatura del Estado de Michigan, impulsada por la Senadora Estatal Mary Cavanaugh con el apoyo del Representante Estatal Tyrone Carter y otros legisladores estatales junto con financiación privada de la Fundación Ralph C. Wilson, Jr., Huntington Bank, la Fundación Comunitaria para el Sureste de Michigan y AT&T.

Durante la celebración de apertura, la senadora Mary Cavanaugh presentó un cheque ceremonial por valor de 500.000 dólares para apoyar las renovaciones del Centro Juvenil. "El Centro de Reincorporación Juvenil de SER Metro cambiará la vida, no sólo para la comunidad, sino también para nuestro estado", dijo.

Para obtener más información sobre los servicios del Youth Reengagement Center visite www.sermetro.org o llame al 313-945-5200.

Traducción por Carmen Elena Luna

From left, Sen. Mary Cavanaugh presents a check representing State of Michigan funding to SER's Eva Garza Dewaelsche and Manuela Zarate

Gathered in the new Construction Training Lab are representatives from SER Metro staff, board, participants and supporters and O'Brien Construction

From left, Eva Garza Dewaelsche, Mary Overall from Rep. Tyrone Carter's office, Sen. Mary Cavanaugh and Manuela Zarate

SER Youth participants from left, Elisea Roman, Cleophus Hammond and Catera Barber

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El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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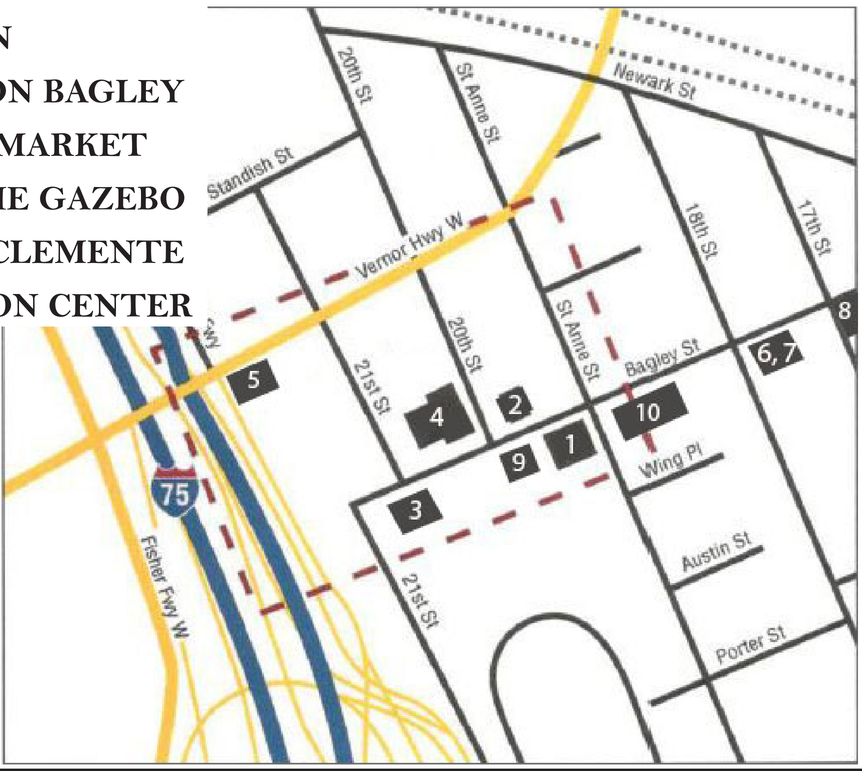

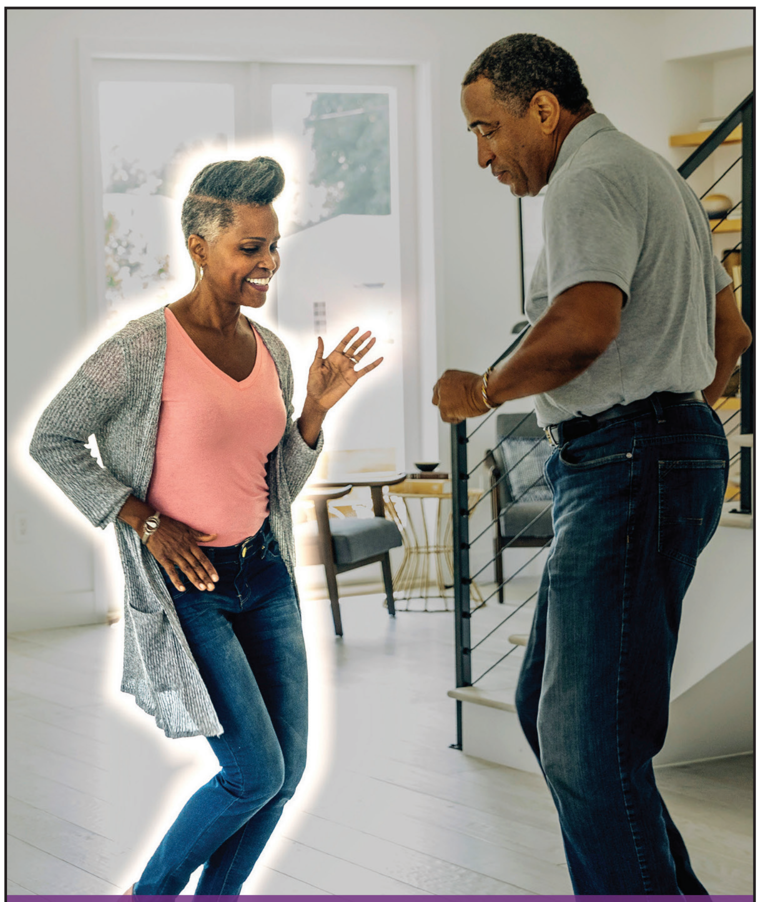

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Plaza Del Norte
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Icíar Bollaín, 2010

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LLAMA A
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FOOD AND DRINK

BBQ Chicken Quesadillas

Ingredients

- 3 cups chicken, cooked and shredded
- 1 (4-ounce) can chopped green chiles
- 1/2 cup salsa, plus more for serving
- 1/3 cup barbecue sauce
- 1/4 cup taco sauce
- 8 (8-inch) flour tortillas
- 3/4 cup sharp cheddar cheese, shredded
- sour cream, optional, to taste, for serving

Ready In:
25 minutes

Step 1
Preheat the oven to 450 degrees F.
Step 2 -
In a large bowl, toss the chicken, the chiles, the salsa, the barbeque sauce, and the taco sauce together.
Step 3 -
Divide 4 of the tortillas between two baking sheets.
Step 4 -
Spread each of the tortillas with the chicken mixture and sprinkle with the cheese.
Step 5 -
Top each of the quesadillas with the remaining tortillas.
Step 6 -
Bake the quesadillas until they are lightly browned and the cheese has melted, about 6-8 minutes.
Step 7 -
Cut the quesadillas into wedges.
Step 8 -
Serve the quesadillas with the extra salsa and the sour cream.

Christmas Cauliflower Casserole

Ingredients

- 3 (16-ounce) packages frozen cauliflower
- 2 cups sour cream
- 2 cups cheddar cheese, shredded
- 3 teaspoons chicken bouillon granules
- 1 1/2 teaspoons ground mustard
- 1/4 cup butter, cubed
- 1 cup packaged stuffing mix
- 3/4 cup walnuts, chopped

Ready In:
40 minutes

Step 1
Preheat the oven to 375 degrees F.
Step 2 -
Grease a 13x9-inch baking dish.
Step 3 -
Cook the cauliflower according to the package directions. Drain the liquid.
Step 4 -
In a large bowl, add the sour cream, the cheese, the chicken bouillon granules, and the mustard and stir until it is blended.
Step 5 -
Stir the cooked cauliflower into the sour cream mixture.
Step 6 -
Pour the cauliflower mixture into the prepared baking dish.
Step 7 -
In a large skillet over medium heat, melt the butter.
Step 8 -
Add the stuffing mix and the walnuts to the melted butter and cook, while stirring, until it is lightly toasted.
Step 9 -
Sprinkle the stuffing mixture over the cauliflower mixture.
Step 10 -
Bake the casserole until it is heated through and the topping is browned, about 17-20 minutes.
Step 11 -
Serve.

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ENTRETENIMIENTO

Bad Bunny es llamado el nuevo 'Rey del pop', ¿desbancó a Michael Jackson?

Bad Bunny, quien ya es parte de la lista de los cinco cantantes más ricos del mundo, nuevamente ha dado el salto a otra dimensión, esto tras ser nombrado por Forbes como el nuevo 'Rey del pop', puesto que por años le correspondió al legendario Michael Jackson.

Aunque el reggaetonero de Puerto Rico ha sido duramente criticado de distintas formas por su música, por su estilo de cantar y hasta por su forma de hablar, por todo el mundo se ha expandido su popularidad y por eso ha abierto un nuevo debate si realmente es el sucesor de intérprete de 'Billy Jean'.

Bad Bunny y Michael Jackson son dos artistas globales y la realidad es que pertenecen a distintas épocas donde, a favor del 'El conejo malo', el poder de la música en streaming y hasta el de las redes sociales le ha permitido el alcance de millones de usuarios que hoy en día lo colocan como una estrella mundial.

"Si hay una constante en Bad Bunny, que tiene 29 años, es que todo lo que crea se convierte en un éxito mundial", citó Forbes en su cuenta de Instagram cuando compartieron la fotografía de Benito Antonio Martínez Ocasio.

"Durante los últimos tres años, el ex alumno de la lista Forbes 30 Under 30 de 2019 ha sido el artista más reproducido en Spotify, con 35,9 mil millones de reproducciones. Su canal de YouTube ha atraído más de 32 mil millones de visitas, más que las de Justin Bieber, Ed Sheeran y, sí, Taylor Swift. Ha ganado tres premios Grammy y 11 premios Grammy Latinos. En abril, hizo historia como el primer artista latino en encabezar el festival de música de Coachella", reveló la revista. Para orgullo de los latinos, la publicación remarca que entre los logros más importantes del novio de Kendall Jenner es que todos sus éxitos han sido únicamente interpretados en idioma español, resaltando que esto ha sido por orgullo de su origen. "Y lo ha hecho todo cantando únicamente en español", dijo Forbes.

"El español es parte de mí, está en mi ADN. Me gusta hablarlo dondequiera que vaya, no para forzarlo a la gente, sino porque es lo que soy".

Bad Bunny, en entrevista con Forbes

Su estilo es tan particular que le ha permitido pasar a otro nivel, como entrar en el mundo del cine, en la lucha libre de la WWE, la publicidad con Gucci o Adidas, y ser intérprete de distintos géneros que abarcan hip-hop, reggaeton, pop latino, trap puertorriqueño y música country mexicana.

En la publicación de Forbes, los fans de Michael Jackson reaccionaron sobre el mencionado nombramiento, asegurando que solo su estrella favorita será el único rey.

"El rey del pop fue es y siempre será Michael Jackson", "Que falta de respeto a los verdaderos artistas con gran talento", "Un chiste llamar a alguien "el rey del pop" cuando el real con un solo álbum logró más que Bad Bunny, además, hasta le gana una IA" o "No es el rey del pop, ni siquiera canta pop, su voz es horrible y es demasiado arrogante con su fanaticada. Esta publicación es absurda y no tiene sentido alguno".

Jada Pinkett Smith aclara cuál será el destino de su matrimonio con Will Smith

Jada Pinkett, quien reveló cómo es su relación con Will Smith, tras el escándalo en los Oscars 2022, está lista para dar el siguiente paso en su vida amorosa y por ello ha revelado cuál será el futuro de la famosa pareja de Hollywood.

Los padres de Jaden y Willow Smith, quienes han estado separados desde 2016, están decididos a darle rumbo a su situación sentimental, poniendo respuesta a cualquier especulación sobre si vendrá el fin o si volverán a ser la pareja de esposos que un día fueron, antes de los problemas maritales.

"Permaneceremos juntos para siempre", confirmó Jada en una vista previa de su aparición del 28 de noviembre en el 'Drew Barrymore Show', a través de Entertainment Weekly, asegurando que luego del distanciamiento con la estrella de 'Independence Day' el divorcio no prosperó : "Lo intenté. Lo intentamos".

La actriz de 52 años admitió el pasado 13 de octubre, en el especial 'Jada's Story' de NBC News, que en algún momento durante todo este complicado camino sí consideró solicitar el divorcio al famoso protagonista de 'The Fresh Prince of Bel-Air', pero finalmente decidió no hacerlo.

"Prometí que nunca habrá una razón para que nos divorciemos. Trabajaremos en cualquier cosa, y simplemente no he podido romper esa promesa".

Fue en 2020 cuando Jada Pinkett Smith reveló que había tenido una relación con la cantante de R&B, August Alsina, esto mientras estaba en una pausa en su matrimonio, o bien como ella lo llamó: "temporalmente" separada.

Y por su parte, el propio actor ganador de un Oscar también ha dado detalles en el pasado sobre la relación y su dinámica familiar en este trance con Jada, esto durante una lectura de libros en Baltimore, en octubre.

"Muy larga y tumultuosa. Lo llamamos 'brutal'. Fue brutal y hermoso al mismo tiempo", reveló Smith, según publicó 'Baltimore Banner'.

En septiembre de 2021, el actor dio una entrevista a la revista 'GQ', tras protagonizar la portada de esa ocasión. Durante la charla habló de varios temas, en donde de paso Will Smith confesó que él también tuvo una relación extramarital.

"Jada nunca creyó en el matrimonio convencional, creció de una manera muy diferente a como yo crecí. Y durante gran parte de nuestra relación, elegimos la monogamia, sin pensar en la monogamia como la única perfección relacional", aclaró.

Wolverines Heading To Championship Game !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The #2 University of Michigan Wolverines (12-0, 9-0 Big Ten conference, previously #3) hosted the #6 Ohio State Buckeyes (11-1, 8-1 Big Ten conference, previously #2), this past Saturday for "The Game", in front of 110,615 fans.

This was the third game without head coach Jim Harbaugh at sidelines, who has been suspended for 3 games by the Big Ten Conference for the sign stealing allegations agaisnt the University of Michigan Wolverines.

The Wolverines defeated the Buckeyes for the third straight year, 30 - 24.

The University of Michigan Wolverines will return to the Big Ten Championship game (for the third straight year), in Indianapolis, In, this Saturday, December 2nd at 8:00 pm (FOX), to take on the #18 Iowa Hawkeyes (10-2, 7-2 Big Ten conference).

The Michigan State Spartans (4-8, 2-7 Big Ten conference) hosted the #10 Penn State Nittany Lions (10-2, 7-2 Big Ten conference) at Ford Field, this past Friday.

The Spartans were shutout by the Nittany Lions, and lost 42 - 0.

The Spartans have also hired Jonathan Smith as head coach (formerly with Oregon State).

Photos below are highlights from "The Game" between the Wolverines and the Buckeyes

Photo by Suzie C. Baker unless otherwise noted

Universiry of Michigan Wolverines acting head coach Sherrone Moore shakes hands with Ohio State Buckeyes head coach Ryan Day, after the game. This was the first victory for Sherrone Moore as acting head coach (has been acting head coach 4 times this season, during Jim Harbaughs suspension). This victory also marked the University of Michigan Wolverine's 1,001 victory (#1 winningest program in NCAA history). Photo by maizenbrew.com/ University of Michigan Athletic Department

Wolverines WR #1 Roman Wilson scores a TD on a consteted catch. Wilson had 3 receptions for 36 yards with 1 TD

Wolverines RB #2 Blake Corum making a play against the Buckeyes and scoring a TD. Corum had 22 carries for 88 yards with 2 TDs

During the Big Noon Kickoff, Lions DE #97 Aidan Hutchinson (former Wolverine), joined Charles Woodson (former Wolverine and Heisman Trophy winner) and Urban Meyers (former Ohio State Buckeyes head coach) on the program, before "The Game" at the Big House between the Wolverines and the Buckeyes, this past Saturday

For the third straight year, fans pour into the field at the Big House, after the Wolverines defeated the Buckeyes 30-24, with the scoreboard saying "Please exit the field", with a "Beat Ohio State" button in the middle on the bottom. Photo courtesy FOX TV and University of Michigan Athletic Department

Wolverines DB #9 Rod Moore intercepts the ball late in the 4th quarter to help seal the University of Michigan Wolverines victory over the Ohio State Buckeyes

CONCACAF'S FINAL FOUR

EL CENTRAL HISPANIC NEWS SPORTS

Pateando la No. 5

David Levine
EL CENTRAL

During the recently completed international break, four countries booked their passage to the semifinals of the third CONCACAF Nations League. The United States and Mexico certainly expected to be there. They are the two giants. But, they struggled mightily against inferior opposition. Panama, with a rising profile, may have ended any illusion that Costa Rica remains anywhere near the top of the region. Jamaica proved that Canada's recent run is more of an aberration than evidence of a new power rising in the north.

Canada ran through the octagonal World Cup 2022 qualifying tournament without losing a game. Perhaps their program peaked too soon. Since then, they went out of the World Cup at the group stage with three straight losses, never looking like winning. In the second Nations League earlier this year, they fell at the semifinal phase. Now, they have lost a quarterfinal after blowing a 2-1 lead from the away leg against Jamaica, going down 3-2 in Toronto. Soccer Canada is in disarray. John Herdman, who led the team to the World Cup, stepped down and has taken his first club job at Toronto FC. The players are the same, but they have regressed as a program with budgetary issues restricting how much they can do to prepare and improve their national teams.

Mexico has a few talented players, but went to Honduras the for the first leg of their quarterfinal and lost 2-0. Under normal circumstances, Mexican fans would have expected a massive response. This is not a normal time, though. It took a lot of stoppage time to give them a chance. They scored well into the added time at the end of the first half. Then, after the Honduran players pulled out all the delay tactics possible, the referee added time onto added time in the second half. Mexico finally got their equalizer in the 101st minute. The Hondurans went down to ten men for the extra time and still Mexico couldn't find a goal. They only won because of a three-times taken penalty kick in the shootout. It was poor, but lucky local for organizers of the semifinals in Dallas, who desperately needed Mexico to win to boost ticket sales.

Panama may have finally ended the road for a number of veteran Costa Rica players who can still remember playing in the 2014 World Cup. The Ticos must bring in new players now, before the road to 2026 begins. Losing 6-1 on aggregate to Panama has to be the final straw. The Panamanians struck for three goals before halftime of the second leg and cruised to an easy win. They have a top MLS star in Adelberto Carrasquilla, who is leading the Houston Dynamo in the MLS playoffs having already won the US Open Cup.

When US Soccer announced Gregg Berhalter as the new, returning US manager after a supposedly exhaustive search, skepticism abounded across the fan base and even in the media. Second spells rarely work well. This one has begun poorly. Watching the Americans struggle against lowly Trinidad & Tobago felt like suffering through the start of Bob Bradley's second term and Jurgen Klinsmann's second cycle. In the first leg, the US lacked imagination, width, precision, and cohesiveness. It took over 80 minutes to find a single goal at home. That included playing the entirety of the second half plus the last 10 minutes of the first half against ten men due to a red card. Three goals in seven minutes late on made the game look more settled than it really was.

If possible, the second leg in Trinidad was worse. The first 30 minutes were fine, including a well taken goal by Antonee Robinson. Then, Sergino Dest lost the plot and took two of the dumbest yellow cards ever within 30 seconds. The US had to play a half plus ten minutes with ten men. Of course, T&T scored straight away to reduce the aggregate lead to 4-1. They even added a second goal after the break before the Americans found some measure of control. Still, this was an embarrassing 2-1 loss, much like the last visit in 2017. The more senior players like captain Tim Ream and Matt Turner made sure Dest understood the way the team felt about his unprofessional behavior.

The semifinals will take place during the March international break. Mexico will play Panama and the US will meet Jamaica. All four teams will be part of the Copa America draw on December 7. The US and Mexico are in Pot A with Brazil and Argentina. Panama is in Pot 3 and Jamaica goes in Pot 4 along with the winners of the playoff games between the CONCACAF quarterfinal losers and Bolivia.

Packers - 29 vs. Lions - 22

The Detroit Lions (8-3) hosted the Green Bay Packers (5-6), on Thanksgiving Thursday, at Ford Field.

The Detroit Lions lost a close game to the Green Bay Packers 29 - 22.

The Detroit Lions go on the road to take on the New Orleans Saints, on Sunday, December 3rd, at 1:00 pm (FOX), then travel to take on the Chicago Bears, on Sunday December 10th, at 1:00 pm (FOX), before coming back to Ford Field, to host the Denver Broncos (date and time are TBD).

Photos below are from the Lions vs. Packers game

Photos by Adam J. Dewey

Packers WR #11 Jayden Reed leaping into the end zone for a TD. Reed had 2 carries for 16 yards and had 4 receptions for 34 yards with 1 TD

Lions TE #87 Sam LaPorta scoring a TD. LaPorta had 5 receptions for 47 yards with 1 TD

Packers QB #10 Jordan Love making a play. Love was 22 for 32 for 268 yards with 3 TDs, and had 3 carries for 39 yards

Lions QB #16 Jared Goff, making a play. Goff was 29 for 44 for 332 yards with 2 TDs, and 3 carries for 9 yards

EDITORIAL OPINION

Crímenes de odio: Niveles históricos en EEUU

Por José López Zamorano
Para La Red Hispana

Al menos 11,634 incidentes de crímenes de odio se reportaron durante el año pasado, el más alto número de la historia, de acuerdo con el más reciente reporte de la Oficina Federal de Investigaciones (FBI). La cifra real, que incluye aquellos actos no reportados por temor o desconfianza, es seguramente mucho más alta.

Durante una reciente comparecencia ante el Congreso, el director del FBI, Christopher Wray expresó especial preocupación por la oleada de antisemitismo que se ha intensificado en Estados Unidos -y en todo el mundo- a raíz del conflicto Israel-Hamas. "Es una amenaza que estás alcanzando, en muchas maneras, niveles históricos", advirtió.

Para ponerlo en números alarmantes: la comunidad judía representa el 2.4% de la población de los Estados Unidos. Pero concentra el 60% de todos los crímenes de odio por motivos religiosos. Simplemente inaceptable.

Se trata de una doble victimización. No solamente la comunidad judía ha sido históricamente discriminada, sino que esos crímenes repuntaron después del abominable acto de terrorismo cometido por Hamas que dejó un saldo de más de 1,200 muertos, muchos de ellos menos de edad, personas de la tercera edad, mujeres. Es decir, civiles inocentes. Tan trágicas como las 14,500 muertes reportadas de palestinos en Gaza.

Ciertamente los crímenes de odio son exclusivos a una comunidad. En Estados Unidos, el execrable ataque contra tres inermes jóvenes palestinos en el estado de Vermont, donde fueron agredidos a balazos cuando se dirigían al cumpleaños de un niño de 8 años, es indignante y execrable.

Su crimen: caminar por la calle portando un "keffiyeh", un tocado tradicional usado por los hombres palestinos. Como lo expresó correctamente el senador Bernie Sanders: "Es profundamente perturbador que tres jóvenes palestinos hayan sido baleados aquí en Burlington. El odio no tiene cabida aquí ni en ningún otro lugar". Un sospechoso blanco de 48 años fue arrestado.

Tan reprobable es el antisemitismo como la islamofobia

Los latinos conocemos en carne propia la realidad de lo crímenes de odio, como también la conocen otras minorías de color como la afroamericana. En 1966 Martin Luther King le envió un telegrama a nuestro César Chávez. Las palabras del reverendo fueron rotundas, claras e inobjetables: "Nuestras luchas separadas son en realidad una: una lucha por la libertad, la dignidad y la humanidad".

Las palabras del reverendo deberían ser un himno global contra el odio. Tristemente una vasta de políticos irresponsables no sólo lo ignora, sino que alienta el odio con un discurso xenófobo y racista. En Estados Unidos tenemos a uno de sus políticos: Donald Trump, pero no es el único.

No fue casual que durante su presidencia florecieran los grupos de odio un 55%, de acuerdo con el Southern Poverty Law Center.

No podemos frenar todos los crímenes de odio. Pero, con nuestro rechazo a todo acto de odio y nuestro voto, si podemos ayudar a evitar que los xenófobos y racistas lleguen al poder.

Todos somos víctimas del racismo, la discriminación y los prejuicios y no hacer nada al respecto con convierte en cómplices.

Opinions in this column are not necessarily those of the Publisher or Editor

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Are These Common COPD Myths Preventing You From Living Your Best Life?

(StatePoint) Chronic obstructive pulmonary disease (COPD) is a lifelong chronic lung disease that makes it difficult to breathe, and is a leading cause of death and disability in the United States. According to experts, the more knowledge a patient with COPD has about the disease, the better off they will be.

A recent literature review from the American Lung Association found that patient education can help improve COPD self-management, provide skills for coping with related mental health challenges, improve overall health and quality of life, and may reduce hospital admissions. This is especially important for those who have been living with the disease for a long time who may not be aware of recent treatment options and updated treatment guidelines, or who may not be inclined to recognize new or worsening symptoms and report them back to their healthcare provider.

To help people who have been living with the disease for 10 or more years live better, more active and enjoyable lives, the American Lung Association, with support from Sanofi and Regeneron, launched the new "COPD for Life" campaign. As part of the campaign, they are busting some common myths about the disease:

Myth: COPD is a man's disease.

Truth: More women are living with COPD compared to men and deaths from COPD are higher in women than in men. Everyone with risk factors and those experiencing early warning signs, no matter their age or gender, should talk to their healthcare provider.

Myth: There is no treatment for COPD.

Truth: There is no cure for COPD, but treatment and management can help slow the progression of COPD and control symptoms, so a patient feels better and is able to spend more time doing what they enjoy.

Myth: You cannot exercise if you have COPD.

Truth: The right amount and type of exercise has many benefits and tips on how to get started should be discussed with your healthcare provider

Myth: COPD only affects the lungs so what you eat does not matter.

Truth: Most people are surprised to learn that the food they eat may affect their breathing. Talking to your healthcare provider about the right types of foods for you may help you breathe easier.

Myth: If you already have COPD, quitting smoking won't help.

Truth: Quitting smoking is

an important part of any COPD treatment plan. The chemicals in cigarettes, e-cigarettes and cigars can further damage lungs and may prevent medications from working as well as they could.

Myth: A patient should manage COPD on their own.

Truth: People who work closely with their healthcare providers to have a good treatment plan have better health outcomes. It's especially important to see a healthcare provider if symptoms change or worsen. Likewise, supportive services, such as in-person or virtual support groups, can have a positive impact on health outcomes. Some studies indicate that positive social support is associated with reduced hospitalizations, fewer exacerbations, better health status and improved disease management behaviors.

To learn more, call the Lung HelpLine at 1-866-252-2959 and be connected to a Lung Health navigator, or visit Lung.org/COPD or Lung.org/Helpline for additional resources and to chat live with a licensed registered nurse or respiratory therapist.

Life with COPD can often be challenging. But having up-to-date knowledge and the right resources can help patients stay active, control their symptoms and know what to do if their COPD gets worse.

¿Estos mitos comunes sobre la EPOC le impiden vivir su mejor vida?

(StatePoint) La enfermedad pulmonar obstructiva crónica (EPOC) es una enfermedad pulmonar crónica de por vida que dificulta la respiración y es una de las principales causas de muerte y discapacidad en los Estados Unidos. Según los expertos, cuanto más conocimiento tenga un paciente con EPOC sobre la enfermedad, mejor estará.

Una revisión bibliográfica reciente de la Asociación Estadounidense del Pulmón encontró que la educación del paciente puede ayudar a mejorar el autocontrol de la EPOC, proporcionar habilidades para afrontar los desafíos de salud mental relacionados, mejorar la salud general y la calidad de vida, y puede reducir las admisiones hospitalarias. Esto es especialmente importante para aquellos que han estado viviendo con la enfermedad durante mucho tiempo y que pueden no estar al tanto de las opciones de tratamiento recientes y de las pautas de tratamiento actualizadas, o que pueden no estar dispuestos a reconocer síntomas nuevos o que empeoran e informarlos a su médico. proveedor.

Para ayudar a las personas que han estado viviendo con la enfermedad durante 10 años o más a vivir una vida mejor, más activa y placentera, la Asociación Estadounidense del Pulmón, con el apoyo de Sanofi y Regeneron, lanzó la nueva campaña "EPOC para la vida". Como parte de la campaña, están rompiendo algunos mitos comunes sobre la enfermedad:

Mito: la EPOC es una enfermedad de hombres.

Verdad: Hay más mujeres que viven con EPOC en comparación con hombres y las muertes por EPOC son mayores en mujeres que en hombres. Todas las personas con factores de riesgo y aquellas que experimentan signos tempranos de advertencia, sin importar su edad o sexo, deben hablar con su proveedor de atención médica.

Mito: No existe tratamiento para la EPOC.

Verdad: No existe cura para la EPOC, pero el tratamiento y el manejo pueden ayudar a retardar la progresión de la EPOC y controlar los síntomas, para que el paciente se sienta mejor y pueda dedicar más tiempo a hacer lo que disfruta.

Mito: No puedes hacer ejercicio si tienes EPOC.

Verdad: la cantidad y el tipo de ejercicio correctos tienen muchos beneficios y los consejos sobre cómo comenzar deben consultarse con su proveedor de atención médica.

Mito: La EPOC sólo afecta a los pulmones, por lo que lo que comes no importa.

Verdad: la mayoría de las personas se sorprenden al saber que los alimentos que consumen pueden afectar su respiración. Hablar con su proveedor de atención médica sobre los tipos de alimentos adecuados para usted puede ayudarlo a respirar mejor.

Mito: si ya tiene EPOC, dejar de fumar no le ayudará.

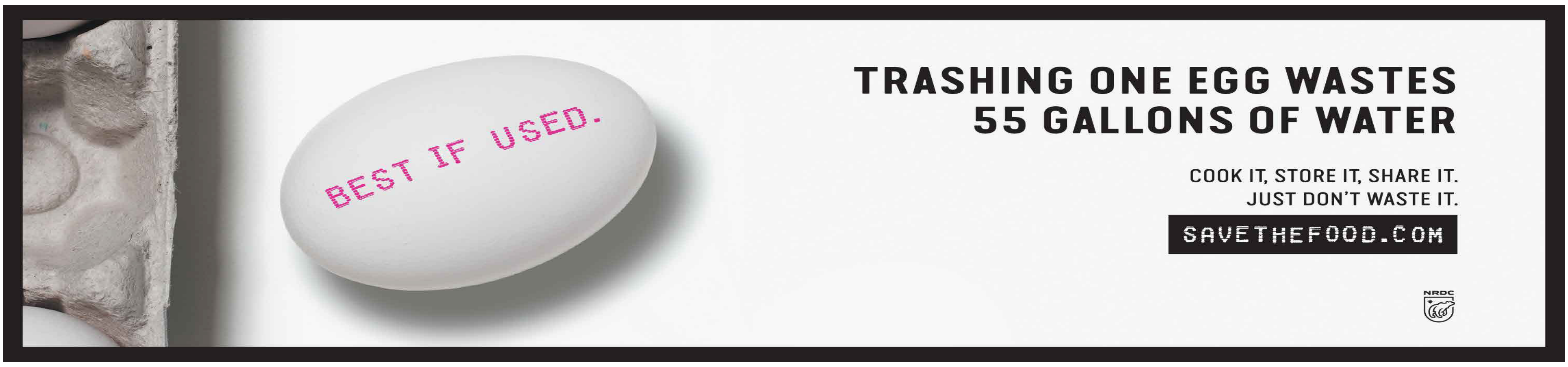
Verdad: Dejar de fumar es una parte importante de cualquier plan de tratamiento de la EPOC. Las sustancias químicas de los cigarrillos, los cigarrillos electrónicos y los puros pueden dañar aún más los pulmones y pueden impedir que los medicamentos funcionen tan bien como deberían.

Mito: Un paciente debe controlar la EPOC por sí solo.

Verdad: Las personas que trabajan en estrecha colaboración con sus proveedores de atención médica para tener un buen plan de tratamiento tienen mejores resultados de salud. Es especialmente importante consultar a un proveedor de atención médica si los síntomas cambian o empeoran. Asimismo, los servicios de apoyo, como los grupos de apoyo presenciales o virtuales, pueden tener un impacto positivo en los resultados de salud. Algunos estudios indican que el apoyo social positivo se asocia con una reducción de las hospitalizaciones, menos exacerbaciones, un mejor estado de salud y mejores conductas de manejo de enfermedades.

Para obtener más información, llame a Lung HelpLine al 1-866-252-2959 y conéctese con un navegador de Lung Health, o visite Lung.org/COPD o Lung.org/Helpline para obtener recursos adicionales y chatear en vivo con una enfermera registrada con licencia. o terapeuta respiratorio.

La vida con EPOC a menudo puede ser un desafío. Pero tener conocimientos actualizados y los recursos adecuados puede ayudar a los pacientes a mantenerse activos, controlar sus síntomas y saber qué hacer si su EPOC empeora.



Lo entendemos. Estamos aquí para ayudarle.

Durante todo el 2023, escuchamos a nuestros clientes, compañeros y a las diferentes comunidades a las que servimos. Entender realmente lo que quisieran lograr nos ayudó a fortalecer nuestro trabajo en conjunto y a dar la bienvenida a otras relaciones a lo largo del camino. Al trabajar con parejas que apenas comenzaban hasta emprendedores que buscaban iniciar un negocio, logramos mucho juntos. Estamos listos para ver lo que nos depara el 2024.

Matt

Matt Elliott
Presidente de Bank of America en Detroit

Conozca más en **bankofamerica.com/detroit** (solo se ofrece en inglés).

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